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FRONT WINDOW

**Janessa Johnsrude's *Sheltering*
in Places portraits p. 12**





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No Need For Company

Enjoying my own company
Sharing space with just one friend,
Who lovingly lays next to me
from morning
til day's end.
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without the need,
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So many people disappoint
they must not know the joy,
of real friendships' loyalty
and comfort it employs.
And so I find my days fulfilled
no need for company,
except a few dear humans...
it's just my dog and me.

— Traceen Dorner

On the Cover

Photo by Janessa Johnsrude
“Marguerite. The emotion in this image is palpable to me: strength, vulnerability and aloneness. We are in a very uncertain place right now. Something about the balance between the sunny day outside and the dark inside the house speaks to the push and pull of what is happening. Some of us can be very grateful for having shelter, a place to live and comfort during all of this, and some people are having their worlds ripped apart.”— Johnsrude
See more on page 12.



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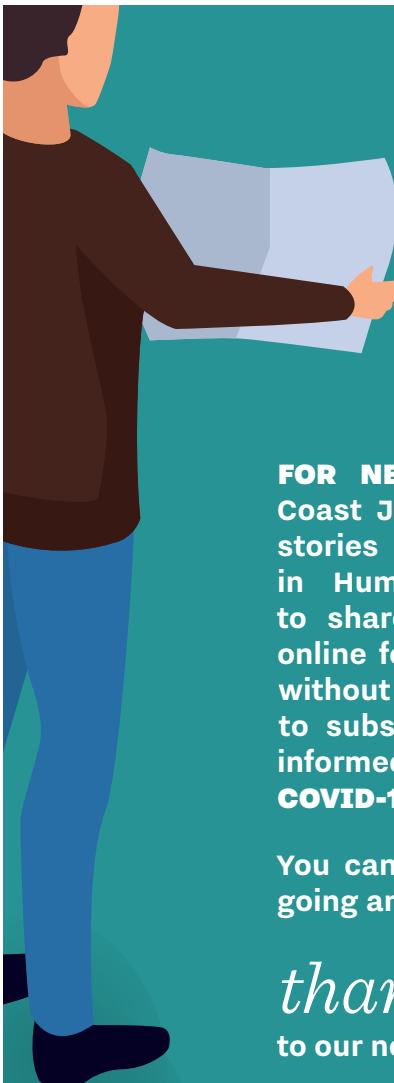
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Each Other

By Jennifer Fumiko Cahill and Thadeus Greenson

jennifer@northcoastjournal.com, thad@northcoastjournal.com

“Honestly, that’s what we’ve got. We’ve got each other.” David Cobb was talking to the *Journal* about Cooperation Humboldt, the nonprofit he co-founded, and its response to the COVID-19 pandemic. But it’s true of all of us. In ways that have never been so plain, community resilience is vital. And it will likely be further tested in the weeks and months to come.

As this edition of the *Journal* went to press, Humboldt County had been fed a string of seemingly reassuring news, going nearly a week without a positive COVID-19 test and just two since April 7. On April 20, Humboldt County Public Health also announced that all but five of the local residents diagnosed with COVID-19 have since recovered, meaning they have met the Centers for Disease Control and Prevention criteria and are no longer in isolation.

But this good news bears the risk of complacency. While Humboldt County hasn’t seen any of the “liberation” protests cropping up in Sacramento and elsewhere, with the president’s apparent support, similar sentiments have bubbled up on local social media. Even Humboldt County First District Supervisor Rex Bohn quipped in a Facebook post, “Would I like an easing of the restrictions sure I think you folks have earned it.” Some, it seems, view this pandemic as somehow behind us or overblown or something we can decide is over, like a punishment. It is not. A million times, it is not.

Earlier this week, we reported Butte County Public Health Officer Andy Miller’s disease model, which he said was “endorsed” by the state. It included a median projection — falling between best- and worst-case scenarios — in which Humboldt County could see 40 COVID-19 deaths before June. Some charged simply reporting on this was fear mongering or sensationalist. But we think readers should know this is the projection state and local officials are using to plan for a potential reality.

As you’ll read in this week’s story on infectious disease modeling, models aren’t crystal-ball predictions peering into an already decided future. They’re informed best guesses aimed at guiding public policy decisions. If we as a community practice aggressive social distancing and abide by the spirit and intent of shelter in place, we change the assumptions behind these models and bend the projections down. If we cluster together to protest public officials’ prioritizing community health, we bend those projections upward. Then we may find ourselves thinking wistfully of that time the state thought just 40 of us would die over the next five weeks.

This isn’t to say sheltering in place, leaving businesses shuttered, savings accounts depleted and bills unpaid while trying to homeschool our children isn’t hardship. It is. But it’s also a communal sacrifice — as in wartime — that experts have deemed necessary to minimize the number of Humboldt families who have to pay the ultimate sacrifice.

What has buoyed our spirits throughout recent weeks — and gives us tremendous hope that we can navigate whatever lies ahead — are locals who have seen this as a chance to be our best selves, to swallow fear and angst, and help someone. Last week, we profiled two organizations stepping up in big ways to meet community needs. Peninsula Union School, one of Humboldt County’s smallest, has morphed into an outreach organization not only feeding and educating its students, but delivering supplies to vulnerable community members and connecting them with services. Cooperation Humboldt, meanwhile, has launched a vast countywide online registry where people can ask for help or join the ranks of a fleet of able-bodied volunteers assisting neighbors they’ve never met.

We will be navigating this for a long time, whether or not we see temporary or partial reprieves from shelter-in-place orders. COVID-19 is not going to disappear and we are likely at least months away from the kind of testing infrastructure needed to get a handle on the virus and its spread. But even amid so much uncertainty, we have each other.

Pulitzer Prize-winning novelist Pearl Buck wrote: “Our society must make it right and possible for old people not to fear the young or be deserted by them, for the test of a civilization is the way that it cares for its helpless members.”

This is the test that COVID-19 — a disease that cruelly preys on seniors and those already sick or frail — lays bare. And the measure of who we are will not show in what reopened when but how we protected those who needed it. We’d all do well to follow the lead of groups like Peninsula Union School and Cooperation Humboldt, to set up systems to help those most vulnerable among us stay home and limit their exposure, and to keep them emotionally connected.

And to those of us over the age of 65 and/or with underlying illnesses or compromised immune systems: Please lean on your neighbors. They worry about you and want to help.

Honestly, that’s what we’ve got. We’ve got each other.




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Predicting a Pandemic's Path

What models can and can't do

By Barbara Feder Ostrov, CalMatters

newsroom@northcoastjournal.com

Every day, while many of us are stuck at home, politicians and health officials and news anchors point to graphics showing the latest statistics on the coronavirus pandemic to indicate what might happen next, in your region and around the world.

Underlying those visuals are disease forecasting models — complex mathematical algorithms that predict disease spread and severity based on different scenarios. Because they can help predict the effects of different interventions, including our social distancing, coronavirus pandemic models significantly influence how governments are responding.

It's tempting to regard these models as oracles that can tell us precisely what to do and when to do it. Can they tell us when we should return to work, or when our kids can go back to school? Is Grandma safe in her nursing home or should she come home? When can businesses safely reopen?

As California's COVID-19 caseload tops 30,000, state officials are using a model developed at Johns Hopkins University to aid in their planning. If you've watched Gov. Gavin Newsom's daily briefings online, some of the charts shown are based on the model's predictions.

But the models need to be fed reliable data, and some data is in short supply, especially without widespread U.S. testing for the novel coronavirus that causes COVID-19. We still don't know how many people have been infected without symptoms, for example. Other inputs, such as incubation periods and death rates, change by the day as we learn more about this virus.

"What makes modeling especially challenging are the human factors. Individual behaviors, healthcare infrastructure and political response each can affect the outcome of an epidemic," said Shweta Bansal, an associate professor of biology at Georgetown University who specializes in disease modeling. "I think of models as a call to action. They can tell us what happens if we don't act and how we can prevent the most dire consequences."

Here are five things you should know to

More about the California model:

California health officials are using a disease model developed at Johns Hopkins University.

The Johns Hopkins model is open sourced and can be found at: <https://github.com/HopkinsIDD/COVIDScenarioPipeline/tree/dataseed/SEIR>

The general model assumptions include:

- Mean incubation period: 5.2 days
- Infectious period: 2.6 to 6 days
- Unmitigated R0 (how many people one person can infect without precautions): 2-3 people
- Infection Fatality Rate: 1%
- Hospitalized patients: 10%
- Hospitalizations admitted to the ICU: 32%
- ICU admissions that are ventilated: 15%

Source: California Department of Public Health

CAL MATTERS

make sense of infectious disease models:

Why are there so many COVID pandemic models — and why are they all so different?

There are different types of infectious disease models for different purposes. Each has limitations and each can be useful in its own way.

"SEIR" models, for example, involve equations based on the number of susceptible people (S) who can be infected, the number of people exposed (E), the number of people infected (I) and the number of people recovered (R).

Agent-based models use massive computer power to simulate the actions of millions of hypothetical people to predict the spread of disease. Still other models examine a disease outbreak in one country and try to predict outcomes elsewhere in the world based on that data. Some models look at travel patterns in spreading disease, and still others assess how age, ethnicity and contributing illnesses may affect survival rates.

Epidemiologists say it helps to have more

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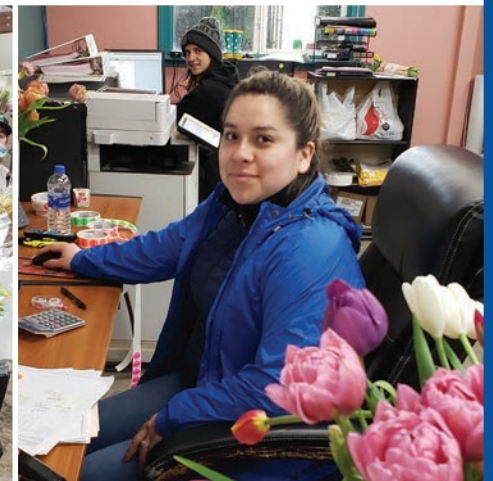
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than one model in responding to disease outbreaks because they use different inputs. Combining results from multiple models can give a more nuanced picture of an outbreak's trajectory.

"The fact that there are so many models is a healthy sign," said Bansal. "It's the same with weather forecasts that rely on multiple mathematical models. But unlike a weather forecast, with a disease forecast we have the ability to change the outcome."

The White House has controversially used a model developed by the University of Washington's Institute for Health Metrics and Evaluation, which some disease experts have criticized as being based on overly optimistic assumptions about the benefits of social distancing, among other statistical issues. The Imperial College London model, which predicted as many as 22 million U.S. deaths if no action was taken, also apparently prompted the Trump administration to issue tougher new social distancing guidelines.

What goes into making an epidemiological model for an infectious respiratory disease?

California and some other states use an SEIR model developed by Johns Hopkins University epidemiologist Dr. Justin Lessler. This coronavirus pandemic model, according to the California Department of Public Health, takes into account assumptions about how long the disease takes to incubate, how long people are infectious, how many people each patient can infect, the fatality rate, how many people need hospitalization or intensive care, and importantly for hospital planning, how many people need ventilators because they can't breathe on their own.

The model assumes that NPIs — "non-pharmaceutical interventions" such as social distancing — started in the state March 20. In fact, some counties ordered residents to shelter in place earlier, some later.

California also has been faring better on a daily basis than this model's predictions had forecasted — only 4,892 cases were reported on April 16, compared to 12,119 cases projected for that date. Assembly members set aside time at a budget hearing Monday to question the Newsom administration about the model and seek more details about its assumptions.

Rodger Butler, a spokesman for the California Health and Human Services Agency, cautioned that "there is considerable uncertainty" in the model's predictions because we still don't know enough about how the virus behaves and, without widespread testing, how many people are infected. "We are continuously refining our model with researchers and local public health offices,"

Butler said.

Which raises the next question:

What happens if you don't have enough data, or the right data?

This is what keeps public health experts up at night.

Because testing has lagged so badly in the United States, "right now we don't know how many people are infected," said Karin Michels, professor and chair of the epidemiology department at UCLA's School of Public Health. "The biggest unknown (for

disease models) is the denominator. How many people out of the infected are actually dying or wind up in the ICU? We have no idea at this point."

Epidemiologists want to know more about when people are no longer infectious. They hope to learn more about who, once infected, is most likely to need hospitalization or a ventilator, to prevent overwhelming hospitals. True fatality rates aren't one-size-fits-all; they will differ by age, gender, underlying illness and access to health care,

among other factors.

Epidemiologists also need to better understand how many people might have been infected but not show symptoms. New antibody tests now being rolled out can help answer that question, but not quickly, and some of these tests are proving inaccurate. Some public health experts say that preventable delays in widespread testing and a perceived chaotic federal response have prevented the kind of critical

Continued on next page »

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data gathering needed to get a handle on outbreaks in various regions of the country — and to provide the kind of intelligence needed before reopening the country.

What makes a model succeed in its predictions?

Disease modelers and mathematicians argue about this a lot. The quality of the data that goes into a disease model is important. The range of error in the model's predictions are important, too. If early predictions of a model don't measure up to reality, its later predictions may not, either.

The University of Washington's coronavirus pandemic model, for example, which aimed to predict outbreaks based primarily on early data from China and later Europe, has had such a wide range of error in its predicted death rates that some epidemiologists have recommended that governments do not use it for planning. The model's predictions of when cases will peak in various regions have also swung dramatically in different weeks — and rarely coincided with other models' forecasts, prompting some experts' concern about the model's validity going forward. Some politicians are citing the model's relatively optimistic forecasts as justification to open the country earlier than public health officials recommend.

The model's developers say they are continually updating their model and have adjusted it to reflect regional differences in how daily death rates peak over time, and how social distancing policies vary by region.

Still, disease models are supposed to serve as a wake-up call prompting us to act. If our actions succeed in slowing infections and deaths, making the predictions inaccurate — that's a good thing.

What do public health experts wish people understood about coronavirus pandemic models?

Disease models are not perfect and they can adapt as new data becomes available. Models "can help us think through different scenarios, but they shouldn't be used as crystal balls," Bansal said. "If we believe that a model's prediction of 100,000 deaths is what will happen if we don't act, then we do everything we can to prevent those 100,000 deaths."

Also, they're better for predicting short-term needs and outcomes, Michels said, such as how many ventilators a hospital might need next month, rather than next year:

"I don't think we can predict the fall yet. We only know the virus will still be around, so life will be complicated." ●

*CalMatters.org is a nonprofit,
nonpartisan media venture explaining
California policies and politics.*

Tests and Models and Masks

By Thadeus Greenson

thad@northcoastjournal.com

As this edition of the *Journal* went to press, Humboldt County was riding a wave of seemingly good news. It had been nearly a week since the last new COVID-19 case on April 15, the county had only announced two new cases since April 7 and Public Health had recently reported that all but two of the 52 local residents diagnosed with COVID-19 had since recovered, meaning they have met the Centers for Disease Control and Prevention criteria and were no longer in isolation.

It was in the midst of this wave that the *Times-Standard* broke the story on April 17 that state a state model was projecting Humboldt County would record 40 COVID-19 deaths before June 1 — a jarring contrast. Humboldt County Public Health Officer Teresa Frankovich has repeatedly declined to answer media inquiries about the numbers of cases and deaths official models projected locally, explaining that the models are based on a variety of assumptions and unknowns (see “Predicting a Pandemic’s Path: What Models Can and Can’t Do,” page 6) and vary widely.

“As soon as I have a working number that we have faith in ... we will put that information out there,” she said a week ago while declining to directly answer a reporter’s question about when the models say the county could expect to see peak infection rates and what that would look like.

But Butte County Public Health Officer Andy Miller, while also cautioning that models are not fortune tellers and are open to wide dispute, recently approached the question differently. In a video posted to social media April 17, Miller pushed one of the state’s modeling projections that included data for Humboldt County into public light.

“Even though it’s disturbing to think about and talk about, it’s out there and should be available,” Miller says in the nearly six-minute video (available on the *Journal*’s website), explaining that the modeling is based on a “Johns Hopkins model” and represents the state’s “best guess” of what may come. He adds that there are both more optimistic and pessimistic models out there — deeming this one in the middle. “In an effort to be totally transparent and knowing you might see it through another channel, we wanted to explain what the numbers mean, but we’re not endorsing it as truth or saying this is the way things will develop here.”

As Miller walks the audience through slides specific to Butte County in the video, data for Humboldt County is clearly visible on the screen, indicating the median

projections for hospitalizations is 178, with 57 ICU patients and 40 deaths by June 1. To date, Humboldt County has confirmed 52 COVID-19 cases with three hospitalizations and zero deaths, with the rate of positive tests having slowed considerably over the past two weeks as the number of people tested has also declined.

As of April 21, 1,753 Humboldt County residents had been tested for COVID-19 — roughly 1.3 percent of the population — with about one in 34 tests coming back positive for a total of 52 cases. Nationally, about one in five of the roughly 4 million people tested (about 1.2 percent of the population) have returned positive, while the state has seen about one in nine of the 258,800 samples taken (about 0.7 percent of the population) test positive. So, on a per capita basis, Humboldt County is testing more people and finding a lot fewer COVID-19 cases than the state and national averages. That’s good news locally and surely part of the reason Humboldt County Sheriff William Honsal announced he’d be re-opening the Sheriff’s Office headquarters to the public and urged businesses that had shuttered despite being deemed “essential” and thus allowed to continue operations under the county’s shelter-in-place order to re-open.

“Let’s start employing our people again,” Honsal said, while hinting at additional steps in the future to re-open aspects of the local economy, an urging that the county then quickly announced would be coupled with a mandatory facial covering public health order taking effect April 24. (Read more about that at www.northcoastjournal.com.)

But as modeling indicates, human behavior could change the trajectory of our local numbers quickly and Honsal conceded his worst fear is that people lower their guard, ignore social distancing provisions and we have a resurgence of the virus locally.

And perhaps spurred by Miller — who said the projections he released April 17 were public information and based on the model “endorsed” by the state of California, making it worth showing his local residents in the “interest of transparency” — Frankovich promised as the *Journal* went to press to discuss various models and their local projections later this week.

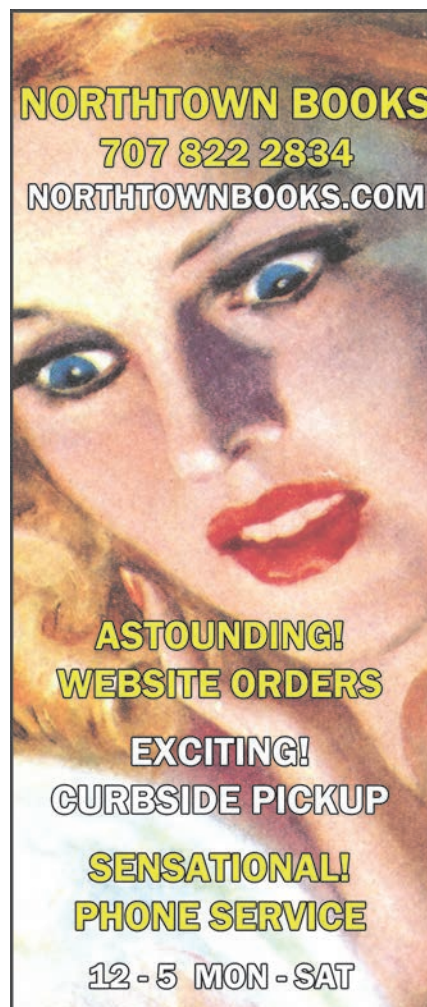
But as Miller concluded in his video, projections are just that — informed guesses of what may come, open to hot debate and constant revision. Ultimately, the models are at the whim of the collective people whose fate they predict, which is why Miller closed his video with a simple urging: “Stay in place, maintain your space, cover your face.” ●



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Front Window

Janessa Johnsrude's
Sheltering in Places portraits

By Jennifer Fumiko Cahill

jennifer@northcoastjournal.com

In one of Janessa Johnsrude's photos, a mother and daughter sit perched in an open window, smiling at one another, a big, milky-eyed dog between them. Their tableau, framed by the window of the house, is overlaid with the branches of an apple tree bright with pink blossoms and a set of copper wind chimes shine at their right. It's an idyllic scene full of affection. So much so that you could forget they are sheltering in place during a pandemic.

The portrait of LinZi, her mother Laurel and their dog Bender is part of the *Sheltering in Places* series Johnsrude is working on, capturing images of her friends, neighbors and friendly strangers in her Blue Lake neighborhood — all from a distance as they hunker down in their homes.

Originally from Saskatchewan, Canada, Johnsrude came to Humboldt County nine years ago as a student of Dell'Arte International, where she now serves as a faculty member, resident artist, director of the Prison Arts Program and associate director of the school's Bali program. More accustomed to the ephemeral arts of the theater, photography was something she mostly did while traveling before COVID-19. "It's not my regular medium but it's what I can use at the moment to express what I'm feeling. ... It's the medium that I felt drawn to in this moment."

With Dell'Arte's schedule paused and county and state orders to stay home, Johnsrude found herself with some of the same frustrations as many of us rattling around our homes. "I was really sick of myself," she says over the phone. "I went for a walk around Blue Lake. And it's so beautiful and I had this urge to connect outside of myself. ... I saw people moving around in their homes and yards, and I was curious about them."

That curiosity led her to ask a few friends if she could take their pictures from outside. More friends shared the images on social media and Johnsrude set up a website, www.shelteringinplaces.com. "Now I'm getting calls from people I've never met before," says Johnsrude, adding that she's been invited to the Blue Lake Rancheria for a photo. She'll get a message through the website or Instagram, then set up an appointment to stand outside and shoot photos. "I stand very, very far away."

In one photo, a cheerful family waves from windows on the second floor. In another, a woman gazes through her glass patio door in a horned headpiece decorated with feathers and cowrie beads. As each subject, framed by a window or a door, looks into the camera or at a family member, there is a balance of intimacy and separation, isolation and connection. "I can't even see in their spaces," says Johnsrude, who is "kind of intrigued by the barriers, the way the window keeps you away from your subject."

Johnsrude isn't surprised to see these photographs address the same themes of loneliness and wanting to connect that frequently arise in her theater work, especially now that we are required to remain physically apart from those outside our households.

"I think that, maybe, at this point, people can look at the images and relate. It's an act of love to take someone's picture," she says, explaining that it's a way of acknowledging their exis-



"There was a real sweetness in this exchange between mother and daughter — a specialness to the time. I wonder about all the family dynamics, good and bad, happening as we shelter and the stories everyone will come out with. It made me miss my mom and, in the same turn, horrified/amused to imagine what it would have been like to shelter with her as a teenager, and beyond grateful that isn't happening."

"I saw this house from across the street where I was taking another portrait and asked about it. They said it was a rental and people had just moved in. The house intrigued me — it has character. Ezekiel and his mother, J, came onto their porch to read a book and I met them from far back on the street. I can't imagine just moving into a new place and then having to stay in. There is so much unknown surrounding the unknown in that."





"I know Veena as her teacher and I actually interviewed her after this photo on the phone. She is from Sri Lanka where her family lives. We are both very far apart from our families right now and I found her insight incredibly inspiring — she is a Buddhist and her belief and spirit are a guiding light. This image moves me because I see both gentle calmness and fear in her. She is forced into waiting."

tence. "But at the same time, you're taking a picture of someone who's trapped."

That's a familiar theme for Johnsrude, too. "I think that comes from my time working with people who are incarcerated and who aren't really seen ... I'm inspired by the power of seeing somebody else and what it does to be seen."

Johnsrude didn't originally set out with a goal for the project but now she muses over collecting 100 photos. Maybe 200. "It could turn into an interesting archive down the road," she says.

She credits fellow artist Gina Tuzzi, whom she photographed in her studio in a vivid floral kimono, for the hashtag #shelteringinplaces as a way to both gather and spread the project. Johnsrude is hopeful others will be interested in doing something similar in their own towns and contact her at shelteringinplaces@gmail.com, forming a "web of connection" that goes beyond Blue Lake or Humboldt. "It's a weird time to collaborate but as for the invention of what collaboration could be, this could be an opportune moment to figure that out," she says.

"If the sheltering keeps happening in waves," Johnsrude says, "we're going to have to figure out ways to connect with each other that feel real." ●



"Gina is a friend and an incredible artist whose perspective I continually take refuge in and inspiration from. She actually came up with the name 'Sheltering in Places.' This is a picture of her outside of her studio. Many artists crave isolation to create but now we are isolating in the face of a pandemic — how is this going to change the landscape for artists? The arts are now facing unprecedented impact."



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Shopping for Strangers on Instacart, Relying on Friends

By Jennifer Fumiko Cahill

jennifer@northcoastjournal.com

Rachael Trump started delivering for Instacart in early February, when the U.S. was counting its first confirmed COVID-19 cases and weeks before Humboldt County and the state of California instituted shelter-in-place orders.

"I had been looking for several months for something," Trump says. She needed to supplement her income with something flexible that would fit around her duties at South Bay School District, where she's worked for 13 years and now serves as student and staff support. She calls running shopping errands for strangers "a perfect job" so far, despite a lack of safety equipment from the company that's left her to rely on her own personal network to find it. In fact, she's found her Instacart trips out of the house to be a relief from quarantine monotony and a source of connection with her family and her clients — even if she never sees their faces.

A week ago, Trump was making as many as eight runs a day as late as 8 p.m., though it's slowed to about three per day this week. The Instacart app on her phone lets her know when a "batch" is available to take on. It tells her how far away the delivery is and what it will pay, the latter determined by a byzantine formula combining weight, distance and time of day.

Those who've been grocery shopping as part of their unpaid domestic labor may wonder what the going rate is for Instacart's reported 200,000 independent contractors. It's tricky. "One batch can be \$10 for 20 things, another might be \$40 for four things," Trump says, adding some grocery lists with some 70 items can take three hours to finish — especially with so many things out of stock, necessitating a volley of texts with the customer about replacement items or whether non-organic produce will suffice — and yet her fee might only come out to \$25. The tips, paid through the app or in cash, run "anywhere from a dollar or two to \$30," she says. "It has seemed like it's been higher tips since

people have been stuck inside."

And stuck inside is where Trump doesn't want to be. "It's nice, I feel like it's active ... you're moving," she says. "Definitely helps with the depression of being stuck in the house ... and you feel like you're helping people, especially the older people who can't get out of the house." She's been shopping and doing errands off the clock for an older family friend, too. And she sometimes picks up flowers to leave on another friend's doorstep. Even though her interactions with both friends and clients frequently amount to unseen deliveries, Trump, who tries to learn the names of every child at her school job, says it helps her stay connected to people.

While schools are closed, she's doing some remote training and keeping in touch with students. Trump volunteered to write postcards to every kid in the elementary and charter middle school that she and both her daughters attended. She's up to 130 postcards, writing personalized greetings and fun facts for each one, trying not to repeat, especially among siblings. "I really enjoy being with the kids and doing this I feel like is at least something and it's a way to tell 'em, 'Hey, I'm still thinking about you.'"

Trump says she feels like this has been a good opportunity for her daughter, too. After coming home from Chico State University when it closed under shelter in place, her eldest started helping out with deliveries and later signed up as an Instacart shopper on her own. Even Trump's husband, Chad, who also works at South Bay School District, has started delivering for the service in his off hours. "It's actually been really fun to be able to work with my daughter and my husband," she says. They're together, she says, out and about and helping people.

There's no getting around that Instacart is a way to outsource the risk of COVID-19 contamination, with shoppers taking on waiting in social distance-compliant lines and coming into contact with store staff



A selfie Rachael Trump took while shopping for Instacart customers at Costco in a mask her daughter made.

Submitted

and surfaces in public spaces. Still, Trump says the stores she visits have been doing a good job sanitizing door handles and conveyor belts. And she kept her phone in an easily wiped down plastic sleeve when customers' electronic signatures were still required, a practice Instacart has now abandoned. Costco lets Instacart shoppers skip the line and shop at special hours, and customers receiving their orders either elect to have them left on the porch or keep their distance fairly well. "I feel pretty good. We have our masks that we wear," she says. "We have gloves and tons of sanitizer."

Those she came by with help from friends, not Instacart.

"I was getting low on what I had and I was getting a little panicky," Trump says, adding she ordered a box of gloves for \$22 from Amazon but went through it in a week. A friend who was working in a hardware store found her a supply and Trump and her daughter started making their own masks. Another friend tipped her off to a sanitizer source and, once her order came in, Trump shared her stash with her friend from the hardware store. Trump shared some of the gloves with the family friend she picks up groceries for, too. Her safety, like much of her life, is tied to a network of friends and neighbors who help one another.

On April 2, Instacart announced it would be supplying shoppers with free health and safety kits: gloves, face masks and forehead thermometers. But when Trump tried to get hers last week, they were already out. By April 16, she had received plenty of information from the company about social distancing and

safety, but still no kit.

On March 27, the Gig Workers Collective announced a strike and called for personal protection equipment, as well as hazard and sick pay, for Instacart workers diagnosed with COVID-19. But the *New York Times* reports the company says it saw "absolutely no impact."

"I have heard about that," says Trump, but she's not in contact with other shoppers outside her family beyond recognizing them in the aisles at Costco and Safeway. (That isolation in itself is enough to hamper a strike.) For now, she's content to keep taking batches as they come. She's holding off on alcohol orders and the hassle of checking IDs, despite hearing about higher tips, but she's considering training to make pharmacy runs.

"Everybody's been pretty great," Trump says of the strangers she brings food and supplies every day. "A lot of them are really grateful to have somebody who can go and get stuff for them." And customers can relax about her judging their orders, no matter how indulgent or personal the items. "I actually find it fascinating. A couple orders had things that I was like, 'I never even knew they had this,'" she says with a laugh. "I worry about that with my own cart when somebody sees what I'm buying but when I'm picking up for other people, I don't really care."

●

Jennifer Fumiko Cahill is the arts and features editor at the Journal and prefers she/her. Reach her at 442-1400, extension 320, or jennifer@northcoastjournal.com. Follow her on Twitter @JFumikoCahill.



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Calendar

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Tired of talking to the walls? **Share Your Story** with KEET by taking a **one-minute video** about what you're doing to occupy yourself during shelter in place and any positives you've discovered about quarantine life. Send your video to production@keet-tv.org, where it might be edited and shared on your local PBS station.



Joan Schirle, Jane Hill and Michael Fields. Submitted

Revisit **Mad Love** on Dell'Arte's Vimeo and YouTube channels **April 23-29** (donation). And on **April 30 from 4:30 to 6:30 p.m.**, catch a Zoom-based artist talk with the theater school's founders **Joan Schirle, Jane Hill and Michael Fields** (donation). Visit www.dellarte.com for the more upcoming events, including Radioman and more.



Submitted

On **Saturday, April 25 at 8 p.m.**, get your overalls on for bluegrass and folk from **Robbie Fulks Live at the Old Steeple** on KEET. The singer/song-writer is joined by Petrolia's own fiddler **Jenny Scheinman**.

BULLETIN BOARD

Redwood Community Action Agency is offering help with energy bills — home heating bill or the purchase of propane, firewood, pellets or kerosene — for low to moderate income households. Call 444-3831, extension 202 to see if you qualify. To learn more about RCAA's programs and services, visit rcaa.org or call 445-0881.

CalFresh EBT cards can be used for online and home delivery shopping at Amazon and Walmart starting April 28. Visit www.getcalfresh.org to apply or call (877) 847-3663 to be connected to your local county social service office.

Redwood Coast Energy Authority is offering a \$500 rebate for purchasing electric bikes through October or until funds run out. Learn more at www.redwoodenergy.org/services/transportation/electric-bikes-rebate, call 269-1700 or email EV@redwoodenergy.org.

Reminders:

Humboldt County free school meals are still available. For a complete list of all district meal times and distribution locations, visit the Humboldt County Office of Education website: www.hcoe.org/covid-19-2/school-meal-times-and-locations.

KEET is accepting short quarantine videos. Shoot a one-minute clip on your phone or tablet about how you're spending your downtime during shelter in place — gardening, cooking, knitting, whatever works for you — as well as whatever silver linings you've discovered. Send video files to toproduction@keet-tv.org. These short videos will be used on KEET-HD and may be edited for length.

KEET is also accepting video stories from local Asian Americans and Pacific Islanders. As part of Asian American Pacific Islander Heritage Month in May, KEET is looking for stories from you to share. What experiences have you had living on the Redwood Coast? Tell us your story. Call 445-0813 or submit your story to production@keet-tv.org.

The Redwood Art Association seeks submissions. RAA will hold a juried virtual exhibition with prizes, judged by Dean Smith of College of the Redwoods. Deadline for online entry is May 9 at 5 p.m. for the May 13 opening. Exhibition entry and details available at www.redwoodart.us. The exhibition is open to RAA members. Membership available on the RAA website.

Humboldt County Library materials are available even without a library card. Create an e-account at www.humlib.org with just your name, zip code and an email address for access to e-books, audio books, magazines and databases, even while the library is closed. Click "Connect with a Librarian or Get an e-Account" or call 269-1915 Tuesdays through Saturdays 10 a.m. to 5 p.m. Or use your library card on the site, even if carrying a bill. Wi-Fi is also available outside all library locations Tuesdays through Saturdays from 9 a.m. to 9 p.m. Please observe social distancing while using library Wi-Fi. Hold onto library books and other materials, as drop boxes are locked.

Quarantine Café seeks submissions. Share your gifts with the daily half-hour program featuring performances and interviews with musical acts from around the world. For submission guidelines, go to facebook.com/quarantinecafe. New episodes air there weekdays at 3 p.m. The entire backlog of episodes is available on Facebook and soon on YouTube. Email quarantinecafe2020@gmail.com.

Friends of the Dunes is accepting entries for the Solitary Bee Art Contest for kids pre-K through eighth grade, with a little help from their parents. Participants are required to complete a short educational reading and video before submitting artwork to info@friendsofthedunes.org by April 30. Winners will be chosen from each grade category. Prizes include Friends of the Dunes family membership, Northern

California Beach and Dune Pocket Guide, posters and bug boxes. All entries will be shared on www.friendsofthedunes.org and social media platforms.

The city of Arcata is offering free delivery of a backyard compost bin, which may be purchased for the discounted price of \$25. Email eservices@cityofarcata.org or by calling 822-8184. Proof of residency within Arcata city limits is required. For more information on zero waste practices, visit www.cityofarcata.org.

The Humboldt County Animal Shelter will be closed to the public until the shelter-in-place order is lifted, though staff will still be feeding and caring for the animals, as well as taking calls Monday through Friday from 8 a.m. to 4:30 p.m. If your pet is impounded at the shelter, call 840-9132 to make pick-up arrangements. If you leave a message, your call will be returned.

GET HELP/GIVE HELP

Northern California Community Blood Bank: You can make an extremely essential outing and safely donate at a number of times and locations around Humboldt. Blood mobiles and the blood center are set up for social distancing. Visit www.nccbb.net for a full schedule.

Mad River Community Hospital: Donations of PPE can be made at the main hospital entrance Monday through Friday, noon to 2 p.m. Facilities in need of masks can reach out to the Facebook group Humboldt Coronavirus Mask Makers for donations.

Emergency Grants Available to Help College Students Stay in School with a \$500 California College Student Emergency Support Fund for low-income students who are currently enrolled full time and have already completed 24 semester units. Undocumented immigrants, foster youth and those who are housing insecure are urged to apply. Apply online at www.missionassetfund.org/ca-college-student-grant.

SoHum Health's hospital and clinic staff are calling seniors residing in the area to offer a wellness check, information on grocery delivery services via the Healy Senior Center, prescription refills and delivery, and Tele-health visits with their clinic provider, if needed. Don't wait for a call, contact SoHum Health's Senior Life Solutions at 922-6321.

Humboldt Area Foundation and its affiliate the **Wild Rivers Community Foundation** (in Crescent City) have launched the **COVID-19 Regional Response Fund**. Tax-deductible contributions can be made by mail, at www.hafoundation.org or in person. Grants will go to nonprofits, other charitable organizations and Native Indigenous organizations in Trinity, Humboldt, Del Norte and Curry counties. Visit www.hafoundation.org or call 442-2993.

Pacific Gas and Electric Co. (PG&E) is implementing a series of billing and service modifications effective immediately to support customers experiencing hardships as a result of the COVID-19 pandemic. For more information, visit www.pge.com/covid19.

Resources for Kids

Create CA offers vital resources highlighting the power of art to heal with its #CreateAtHome campaign. Get resources for parents, teachers and students, including at-home creative lessons, at www.artsintegration.net/CreateAtHome.

Homeschooling Facebook group has experienced homeschoolers to support friends and neighbors who may be homeschooling temporarily during the coronavirus pandemic: www.facebook.com/groups/temphomeschoolers.

VIRTUAL WORLD

College of the Redwoods Juried Student Exhibition. April

14 through May 14. Virtual World, online. A virtual show of student work on view at the Creative Arts Gallery website, where visitors can explore the exhibition in full. You can also see work posted daily on Instagram at [@redwoodsgallery](https://www.instagram.com/redwoodsgallery) and at www.facebook.com/collegeoftheredwoodsgallery. This year's judge is Gina Tuzzi. Free. www.redwoods.edu/artgallery.

Miniplex Movie Premiers. Virtual World, online. Support the Miniplex and enjoy fresh arthouse cinema at home. Check out films for three to five days (details online), including: Bacurau, Extra Ordinary, Zombi Child, Corpus Christi and And Then We Danced. \$12. www.miniplexevents.com/movies.

Minor Movies. Virtual World, online. Support the Minor from your home theater. Check out films for three to five days (details online). Movies TBA. \$12. www.minortheatre.com.

The J Street Regulars Radio Hour. Mondays-Fridays, 7-8 p.m. Virtual World, online. A live-stream performance from the Sanctuary's Great Hall via Facebook Live. One of the J Street Regulars hosts, performing live and taking requests. April schedule: James Zeller on Mondays and Fridays; Daniel Nickerson on Tuesdays and Thursdays; Samara Jade on Wednesdays. Free, donations via website welcome. nanieldickerson@gmail.com. www.sanctuaryarcata.org/donate. 822-0898.

Club Triangle Streaming Saturdays. Saturdays. Virtual World, online. Weekly online queer variety show. Submissions accepted daily then shared on Streaming Saturdays all day. Post your art on social media and tag [#clubtriangle](https://www.instagram.com/clubtriangle). [#coronoshettabadont](https://www.instagram.com/clubtriangle). www.instagram.com/clubtriangle. www.facebook.com/clubtriangle707. Free.

The Future Is Now: A Zoom Communique. Thursdays, 6:30-8 p.m. Virtual World, online. A fun and interactive Zoom call based in Humboldt County. Join time travelers from your future who are searching for the artifacts from our time that predict life in the decades to come. Do you dream and work for a better future? Hear how your work turns out! Email or visit the Facebook event page for the Zoom link. Free. CoopHumEd@gmail.com. www.facebook.com/events/1657090377763791.

Restorative Movement. Tuesdays, Thursdays, 10:30-11:30 a.m. and 1:30-2:30 p.m. Virtual World, online. This class includes breath work, relaxation and a variety of yoga and non-yoga movement styles. Tuesday classes focus on strength and mobility. Thursday classes focus on relaxation and breath work. Contact instructor Ann Constantino for a link to the online class orientation. Free. annconstantino@gmail.com. www.sohumhealth.org. 923-3921.

Tabata. Mondays, Wednesdays, Fridays, 5:30-6:30 p.m. Virtual World, online. SoHum Health presents online Tabata classes. Tabata exercises are short, high intensity cardio workouts consisting of quick rounds of exercise at maximum effort, followed by 10 seconds of rest. Contact instructor Stephanie Finch by email for a link to the online class. Free. sfinch40@gmail.com. www.sohumhealth.org.

Hip Hop Dance Class with Cleo. Mondays, 2-3 p.m. Virtual World, online. Let loose with some easy footwork and isolation, while finding your own groove. Wear stretchy clothes and prepare space to jump around and shake what your mama gave ya. Donations of any amount can be sent through PayPal under Cleo_deorio@yahoo.com. Pay what you can. cleo_deorio@yahoo.com or Venmo under @cleodeorio. www.youtube.com/channel/UC3K_ieEdMDot-n2qjZc1Kh2g. (567) 242-8953.

Modern Dance Class with Cleo. Thursdays, 10-11 a.m. Virtual World, online. A relaxing and explorative modern class from the comfort of your own home. Find balance, strength and flexibility amid the quarantine stress. Wear stretchy clothes

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NCJ CALENDAR

Continued from previous page

and prepare space to sprawl out on the floor. This class will be hosted on YouTube Live and is pay-what-you-can. Donations of any amount can be sent through PayPal under Cleo_deorio@yahoo.com or Venmo under @cleodeorio. Pay what you can. cleo_deorio@yahoo.com. www.youtube.com/channel/UC3K_ieEdMDotn2qjZcIKh2g.

Zumba Live with Tigger. Tuesdays and Thursdays at 5:30 p.m. Virtual World, online. Via Facebook Live and Zoom. Find Tigger Bouncer Custodio on Facebook for details.

The Miniplex Presents: Women's Adventure Film Festival. April 24-27, 3 p.m. Virtual World, online. Family-friendly short films celebrating women around the world mountaineering, cliff diving, snow sports, mountain biking and more. Pre-order a ticket using the promo code "mini" at checkout for the festival link, which will be active starting at 3 p.m. on April 24, for 48 hours. The code helps support your local arthouse theater during its temporary closure. \$12.95. info@miniplexevents.com. vimeo.com/ondemand/waftusa. 630-5000.

Poetry on the Edge. Ongoing, noon. Virtual World, online. This Facebook group of Humboldt County poets (and lovers of poetry) is about living on the edge of the continent, on the edge because of the crazy pandemic we're living in, and because words give us a way to explore both the shadows and the light. Hosted by Eureka Poet Laureate David Holper. Free.

Estate Planning Essentials Webinar. April 30, 4-5:30 p.m. Virtual World, online. Local attorneys Angela Petrusha and Kristen Adams will demystify the estate planning process, including revocable living trusts, wills, powers of attorney, advance health care directives, guardianship of minor children and more. Free. www.petrushalaw.com. 798-6030.

Weekly Check-in with Rep. Huffman. Wednesdays, noon. Virtual World, online. Rep. Jared Huffman (D-San Rafael) will hold Facebook Live check-ins to engage with his constituents on the latest updates regarding the novel coronavirus pandemic and to answer questions about the federal response. More information at www.huffman.house.gov/coronavirus. Free. www.facebook.com/rephuffman.

Cultural, Historical and Scientific Collections You Can Explore Online. Ongoing. Virtual World, online. Tour world-class museums, read historic cookbooks, browse interactive maps and more. Visit www.smithsonianmag.com/smart-news/68-cultural-historical-and-scientific-collections-you-can-explore-online-180974475. Free.

Boston Children's Museum Walk-through Tour. Ongoing. Virtual World, online. See the fun, educational exhibits from your couch. Free. www.bostonchildrensmuseum.org/museum-virtual-tour.

Free Virtual Field Trips. Ongoing. Virtual World, online. For kids (and grown-ups, too!) Visit the Great Wall of China, Anne Frank House, Monterey Bay Aquarium, International Space Station, The Louvre Museum and more. www.free-domhomeschooling.com/virtual-field-trips. Free.

Goodnight with Dolly. Thursdays, 4 p.m. Virtual World, online. "Goodnight with Dolly" will continue every week on Thursday nights until June 4. Dolly Parton will read a book carefully chosen for appropriate content from the Dolly Parton's Imagination Library. www.facebook.com/dollysimaginationlibrary.

Mondays with Michelle Obama. Mondays, 3 p.m. Virtual World, online. Read along with the former First Lady via PBS' Kids Facebook page and YouTube channel, and Penguin Random House's Facebook page.

Roald Dahl Museum Read Along. Ongoing. Virtual World, online. Fun and engaging resources for educators, parents and kids. www.roalddahl.com/things-to-do-indoors. Free.

San Diego Zoo Kids. Ongoing. Virtual World, online. Zoo

videos, activities and games. www.kids.sandiegozoo.org. Free.

Yellowstone National Park Virtual Field Trip. Ongoing. Virtual World, online. Explore Mud Volcano, Mammoth Hot Springs and more. www.nps.gov/yell/learn/photos-multimedia/virtualtours. Free.

Gardens You Can Virtually Tour. Ongoing. Virtual World, online. From Claude Monet's garden in France to the Hawaii Tropical Botanical Garden to Waddesdon Manor in England. Visit www.housebeautiful.com/lifestyle/gardening/g31746949/gardens-you-can-virtually-tour. Free.

Buckingham Palace, Mount Vernon and More Historic Homes You Can Virtually Tour. Ongoing. Virtual World, online. Enjoy the stunning architecture and interior design of many significant homes from the comfort of your own couch. Go to www.housebeautiful.com/design-inspiration/g31677125/historic-homes-you-can-virtually-tour. Free.

Explore Mars. Ongoing. Virtual World, online. Explore the surface of Mars on the Curiosity rover. www.accessmars.withgoogle.com. Free.

Monterey Bay Aquarium Live Cams. Ongoing. Virtual World, online. View different live cams of Monterey Bay Aquarium exhibits. www.montereybayaquarium.org/animals/live-cams. Free.

Panda Cam at the Zoo Atlanta. Ongoing. Virtual World, online. www.zooatlanta.org/panda-cam. Free.

NASA Space Center's Hubble Space Telescope. Ongoing. Virtual World, online. Take a virtual tour of NASA Space Center's Hubble Space Telescope. www.nasa.gov/content/goddard/hubble-360-degree-virtual-tour. Free.

The Social Distancing Festival. Virtual World, online. A site for celebrating art from all over the world. Tune in for live streams of music, theater, storytelling, performance art and more. www.socialdistancingfestival.com. Free. www.socialdistancingfestival.com.

Quarantine Sing-a-long. Ongoing, 7 p.m. Virtual World, online. A Facebook group to join if you like fun group singing. Song of the day posted at 3 p.m., singing starts at 7 p.m. www.facebook.com/groups/quarantinesingalong. Free.

Winchester Mystery House Virtual Tour. Virtual World, online. An exploration of the famously spooky home while it's closed for the COVID-19 pandemic. Follow Winchester Mystery House's Facebook page for the next opportunity to tune in for a walkthrough of the house, which will stream on select days at 1 p.m. Free. www.winchestermysteryhouse.com/video-tour.

Drag Queen Story Hour. Virtual World, online. Glitter, wigs and stories for the kids. Visit www.facebook.com/pg/dragqueenstoryhour/events to see who's reading when and hear a fabulous story. Free.

Virtual Marine Camp for Kids. Mondays, 11 a.m. Virtual World, online. Seattle-based Oceans Initiative marine biologists and parents Erin Ashe and Rob Williams livestream Mondays simultaneously on Instagram and Facebook. No need to sign up. Just like and follow their pages, and they'll "see" you Mondays at 11 a.m. Free. [@OceansInitiative](https://www.facebook.com/OceansInitiative), [www.oceansinitiative.org/blog](https://www.facebook.com/OceansInitiative).

Socially Distant Fest. Another Facebook group for virtual connection and entertainment with 57,000 members and growing. From the group's "About" page: "This group has been created to bring some entertainment to those of us that are isolated/quarantined or distanced socially because of the COVID19 pandemic. We welcome performers of all backgrounds (musicians, poets, puppeteers, fire spinners, etc.) to share their talents with us! We will have a showcase every Sunday." Email howdy@sociallydistantfest.com to perform. Find it at www.facebook.com/groups/sociallydistantfest. ●

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Many classes require pre-registration.

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GUITAR/PIANO LESSONS. All ages, beginning & intermediate. Seabury Gould (707)845-8167. (DMT-1231)

REDWOOD RAKS WORLD DANCE STUDIO, OLD CREAMERY IN ARCATA. Belly Dance, Swing, Tango, Hip Hop, Zumba, African, Samba, Capoeira and more for all ages. (707) 616-6876
www.redwoodraks.com (D-1231)

STEEL DRUM CLASSES. Weekly Beginning Class: Level 2 Beginners Class Fri's 11:15a.m.-12:45p.m. Beginners Mon's 7:00p.m.-8:00p.m. Pan Arts Network 1049 Samoa Blvd. Suite C (707) 407-8998. panartsnetwork.com (DMT-1231)

Fitness

SUN YI'S ACADEMY OF TAE KWON DO. Classes for kids & adults, child care, fitness gym & more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit www.sunyisarcata.com, 825-0182. (F-1231)

50 and Better

OLLI ONLINE CLASSES: Shelter in place but stay connected with OLLI. Get more information or register @HSUOLLI (O-1231)

OLLI ONLINE: BASIC TAP DANCE WITH MELISSA HINZ. Enjoy the great benefits of tap dancing including balance, rhythm, stronger brain to body connection along with strengthening your feet, legs, and core. Fri., May 1-May 29 from 10:30-11:30 a.m. (O-0423)

OLLI ONLINE: DESIGNING YOUR OWN ELDERHOOD WITH DAVID MARSHAK. Explore the concept of elderhood and consider its implications, expectations and rewards. Tues. April 28-May 12 from 10:30 a.m.-12:30 p.m. (O-0423)

OLLI ONLINE: LILITH IN SPACE: FEMINIST SCIENCE FICTION BOOKS WITH AMY MOFFAT. Learn about the intersection of science fiction writing and feminist discourse. We will briefly discuss The Testaments: The Sequel to The Handmaid's Tale by Margaret Atwood, and more generally talk about feminist science fiction. Sat., April 25 from 10 a.m.-noon (O-0423)

Spiritual

EVOLUTIONARY TAROT Ongoing classes, private mentorships and readings. Carolyn Ayres. 442-4240 www.tarotofbecoming.com
carolyn@tarotofbecoming.com (S-1231)

SOTO ZEN MEDITATION Sunday programs and weekday meditation in Arcata locations; Wed evenings in Eureka, arcatazengroup.org Beginners welcome, call for orientation. (707) 826-1701 (S-1231)

LIFE WITHOUT LIMITS

Sequoia Conference Center
May 15th 16th 17th
DavidSandercott.com

HUMBOLDT UNITARIAN UNIVERSALIST FELLOWSHIP.

We are here to change lives with our love. Services at 9am and 11am on Sunday. Child care is provided. 24 Fellowship Way, off Jacoby Creek Rd., Bayside. (707) 822-3793, www.huuf.org. (S-0130)

Therapy & Support

ALCOHOLICS ANONYMOUS. We can help 24/7, call toll free 1-844 442-0711. (T-1231)

SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS? Confidential help is available. 707-825-0920, saahumboldt@yahoo.com (T-1231)

SMART ON ZOOM 707 267 7868. (T-0423)

SMOKING POT? WANT TO STOP? www.marijuana-anonymous.org (T-1231)

Wellness & Bodywork

DANDELION HERBAL CENTER CLASSES WITH JANE BOTHWELL. Herbal & Traditional Healing in Greece with Thea Parikos. May 22 - June 2, 2020. Discover the beauty, aromas, traditional and modern uses of many medicinal plants on this amazing journey of learning to the Aegean island of Ikaria. Beginning with Herbs. Sept 16 -Nov 4, 2020, 8 Wed. evenings. Learn medicine making, herbal first aid, and herbs for common imbalances. 10-Month Herbal Studies Program. Feb - Nov 2021. Meets one weekend per month with three camping trips. Learn in-depth material medica, plant identification, flower essences, wild foods, formulations and harvesting. Register online www.dandelionherb.com or call (707) 442-8157. (W-0507)

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CROSSWORD by David Levinson Wilk

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PROSE — ANSWERS NEXT WEEK!

ACROSS

- Go bananas
- 2005 biography subtitled "The Making of a Terrorist"
- Contents of spreadsheets
- Firehouse fixture
- LP players
- Yoked pair in a field
- Where icicles may hang
- Passover no-no
- Hit musical set in 1990s New York
- "The Cloister and the Hearth" author (what an apt surname!)
- Baby's crib part
- Desktops that debuted in 1998
- "Native Son" author (what an apt surname!)

- James of "Elf"
- Watergate-era White House chief of staff
- Place for a stud to go
- Alphabetic trio
- Actress Kurtz
- Michigan rival, for short
- Only mo. that can begin and end on the same day of the week
- Was short
- Van Halen's "Live Without ____"
- "Household Saints" author (what an apt surname!)
- Arab country expelled from the Arab League in 2011
- Princess loved by Heracles
- "Showing My

- Color: Impolite Essays on Race and Identity" author (what an apt surname!)
- ____ stick
 - Actress Salma
 - Bring (out)
 - E-cigarette company since 2015
 - '90s "SNL" regular Cheri
 - Misfortunes
 - Ocular malady
 - No longer in
 - Wyoming town that's home to the Buffalo Bill Museum

DOWN

- Something a house might be built on
- He planned for a rainy day
- Thomas Edison's middle name

- Uses a keyhole, perhaps
- "You said it, baby!"
- Sleep en la tarde
- Way off
- ____ en scène
- "The Thin Man" dog
- "The Sound of Music" tune
- Guitar, in slang
- J's value in Words With Friends
- Member of an underground colony
- Inc. alternative
- Song of mourning
- When preliminary steps are taken?
- Citi rival
- Move like Jagger
- Where oysters and clams are served
- ____ Island
- Karl Marx's "____ Kapital"
- Super Mario Galaxy

- platform
- Parts of shirtsleeves
- "Charlotte's Web" boy
- O.C.'s home
- 1914-18 conflict, for short
- Wine: Prefix
- Sterile
- Kidman who is neither a kid nor a man
- They yearn
- Coors Field player
- Flamenco cheer
- Just ____, skip and jump away
- Pro ____
- Good lookers?
- First name at Woodstock
- Klondike strike
- Competitor of Amazon Handmade
- Comfy sleepwear
- Fast asleep
- Wise ____

LAST WEEK'S ANSWERS TO ORE

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su | do | ku © Puzzles by Pappocom MEDIUM #15

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www.sudoku.com

**NOTICE OF PETITION TO
ADMINISTER ESTATE OF
JOHN F. CHRISTIE
CASE NO. PR2000073**

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of JOHN F. CHRISTIE
A PETITION FOR PROBATE has been filed by Petitioner, RAYMOND F. CHRISTIE
In the Superior Court of California, County of Humboldt. The petition for probate requests that RAYMOND F. CHRISTIE be appointed as personal representative to administer the estate of the decedent.
THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court.
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without

obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.)
The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A HEARING on the petition will be held on April 23, 2020 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 6.
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed

by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
ATTORNEY FOR PETITIONER:
Kenneth M. Bareilles
533 E Street
Eureka, CA 95501
707-443-9338
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT

4/2, 4/9, 4/16 (20-101)

**NOTICE TO CREDITORS OF
Kenneth A. McQueeney Trust
SUPERIOR COURT OF CALIFORNIA
COUNTY OF Humboldt**

Notice is hereby given to the creditors and contingent creditors of the above-named decedent, that all persons having claims against the decedent are required to file them with the Superior Court, at 825 5th St., Eureka, CA 95501 and mail a copy to Anthony M. McQueeney as trustee of the trust dated 12/03/1991, wherein the decedent was the settlor, at 2033 11th Avenue, Arcata, CA 95521 within the later of four months after 4/23/2020 or, if notice is mailed or personally delivered to you, 60 days after the date this notice is mailed or personally delivered to you. A claim, form may be obtained from the court clerk.
For your protection, you are encouraged to file your claim by certified mail, with return receipt requested.
Anthony M. McQueeney, Attorney
2861 Twin Lakes Circle
Lafayette, CO 80026

4/23, 4/30, 5/7

**FICTITIOUS BUSINESS NAME
STATEMENT 20-00163**

The following person is doing Business as
EEL RIVER SCRAP & SALVAGE
Humboldt
850 Riverwalk Drive
Fortuna, CA 95540
PO Box 322
Fortuna, CA 95540

EEL RIVER TRANSPORTATION & SALVAGE, INC
850 Riverwalk Drive
Fortuna, CA 95540

The business is conducted by a Corporation.

The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Harry A. Hardin, President
This March 12, 2020
KELLY E. SANDERS
by sc, Humboldt County Clerk

4/16, 4/23, 4/30, 5/7 (20-102)

**FICTITIOUS BUSINESS NAME
STATEMENT 20-00153**

The following person is doing Business as
BLOOM CHIROPRACTIC

Humboldt
2803 E St
Eureka, CA 95501

Eileen F Hackworth
2858 Polecat Ridge Ln
Eureka, CA 95503

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Eileen Hackworth, DC, sole owner
This March 12, 2020
KELLY E. SANDERS
by sc, Humboldt County Clerk

4/2, 4/9, 4/16, 4/23 (20-097)

**FICTITIOUS BUSINESS NAME
STATEMENT 20-00173**

The following person is doing Business as
DENIS E. COSBY CONSTRUCTION

Humboldt
2350 Central Ave
McKinleyville, CA 95519

Denis E. Cosby
1506 Hidden Fox Lane
McKinleyville, CA 95519

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a

misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Denis E. Cosby, Owner
This April 8, 2020
KELLY E. SANDERS
by kt, Humboldt County Clerk

4/23, 4/30, 5/7, 5/14

**ORDER TO SHOW CAUSE FOR
CHANGE OF NAME
Justin Lee Wells & Min Jung
Kim on behalf of
Justin Lee Wells, a minor
CASE NO. CV2000419**

SUPERIOR COURT
OF CALIFORNIA,
COUNTY OF HUMBOLDT
825 FIFTH ST.
EUREKA, CA. 95501
PETITION OF:
Justin Lee Wells & Min Jung Kim on behalf of Justin Lee Wells, a minor for a decree changing names as follows:
Present name
Justin Lee Wells
to Proposed Name
Justin James Wells
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: May 29, 2020
Time: 1:45 p.m., Dept. 4
SUPERIOR COURT
OF CALIFORNIA,
COUNTY OF HUMBOLDT
825 FIFTH STREET
EUREKA, CA 95501

Date: March 26, 2020
Filed: March 26, 2020
/s/ Kelly L. Neel
Judge of the Superior Court
4/9, 4/16, 4/23, 4/30 (20-099)

**ORDER TO SHOW CAUSE FOR
CHANGE OF NAME
Jessie Nissen
CASE NO. CV2000393**

SUPERIOR COURT
OF CALIFORNIA,
COUNTY OF HUMBOLDT
825 FIFTH ST.
EUREKA, CA. 95501
PETITION OF:
Jessie Nissen
for a decree changing names as follows:
Present name
Jessie Adeline Nissen
to Proposed Name
Jessie Adeline Bailey
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: May 15, 2020
Time: 1:45 p.m., Dept. 4
SUPERIOR COURT
OF CALIFORNIA,
COUNTY OF HUMBOLDT
825 FIFTH STREET
EUREKA, CA 95501
Date: March 16, 2020
Filed: March 16, 2020
/s/ Kelly L. Neel
Judge of the Superior Court
4/9, 4/16, 4/23, 4/30 (20-098)
4/9, 4/16, 4/23, 4/30 (20-099)



ADVERTISEMENT FOR BIDS

Electronically submitted bids will be received to provide all labor, materials and equipment for the City of Trinidad's 2020 Pavement Rehabilitation Project in Trinidad, California. The project includes but is not limited to: grinding and removing asphalt concrete, hot mix asphalt paving, replacing concrete utility collars, and traffic control on various roads in Trinidad.

Bids will be received until 2:00 pm May 1, 2020, via email to josh.wolf@ghd.com, at which time they will be opened and the results posted on the City's website at: <https://trinidad.ca.gov/>.

To bid on this project, contractors must hold the following contractor's license: Class "A" General Engineering. This is a public works project so all bidders must be registered with the Department of Industrial Relations (DIR) and pay the prevailing wage rates (this includes, travel, subsistence, holiday pay, designated days off and overtime) determined by the Director of the DIR according to the type of work and location.

Copies of the Contract Documents may be requested via email from josh.wolf@ghd.com, or (707) 267-2264.



**REQUEST FOR PROPOSAL FOR EDUCATIONAL
AND FACILITY MASTER PLANNING**

NOTICE IS HEREBY GIVEN that the Governing Board of the Redwoods Community College District, of the County of Humboldt, State of California, is soliciting proposals for qualified professionals to facilitate the updating or development of the Educational and Facility Master plans, proposals are due on May 13, 2020 at 2:00 PM PST.

Proposal Documents (RFP) are available at: College of the Redwoods 7351 Tompkins Hill Road, Eureka, CA 95501 **Website:** <https://www.redwoods.edu/businessoffice/Purchasing> Inquiries may be directed to: Steve McKenzie, Director, Facilities and Planning, **Email:** Steve-Mckenzie@redwoods.edu or Angelina Hill, Vice President Instruction and Student Development, **Email:** Angelina-Hill@redwoods.edu. **PROPOSALS ARE DUE:** No later than 2:00 PM PST on May 13, 2020. All proposals must be submitted by email to Julia-Morrison@redwoods.edu, or by mail to: College of the Redwoods, Office of the Vice President, Administrative Services, 7351 Tompkins Hill Road, Eureka, CA 95501.

Only proposals that are in strict conformance with the instructions included in the Request for Statements of Proposals will be considered.

Redwoods Community College District

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Obituaries*

Submit information via email to
classified@northcoastjournal.com, or by mail or in person.

Please submit photos in JPG or PDF format, or
original photos can be scanned at our office.

The *North Coast Journal* prints each Thursday, 52 times
a year. Deadline for obituary information is at 5 p.m. on
the Sunday prior to publication date.

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Education Community.

Many diverse positions to choose from with great benefits, retirement packages, and solid pay. Learn more and apply today at hcoe.org/employment

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CURRENT JOB OPENINGS**NURSE MANAGER – EMERGENCY DEPT/ACUTE**

Full Time Position. Critical Access ER/Acute Department Nursing Manager; 4-bed Emergency room & 9-bed Acute care unit, seeking a Nurse Manager to provide leadership, administrative responsibility and oversight of the ER and Acute care departments. Current California RN license required. BSN, PALS, & ACLS required. Minimum 2 years ER experience required. Minimum 1 year Management Experience strongly preferred.

HUMAN RESOURCES ASSISTANT

Part Time position, 24 hours a week. Provide support to the Human Resources Director. Job duties include, but not limited to: Maintain confidential personnel files and personnel actions, assist the HRD with HR projects, provide clerical and operational support to the HR dept., assist with benefit enrollment, maintain online Learning Management System, and interact with and provide information to job applicants, employees, department heads, and other agencies.

High school diploma or equivalent required. Two years of experience working in human resources, office administration, or closely related field strongly preferred. Must possess strong office administration skills and be proficient in Microsoft products. Must be proficient in reading and writing in English.

RERRERALS COORDINATOR

Full-time position Monday to Friday in our outpatient Rural Health Clinic. Responsibilities include excellent customer service, obtaining authorization for patient services, processing referrals, communicating with patients, managing incoming medical records, and verifying provider documentation and fees with daily patient census. Effective computer, software, and phone skills required. Minimum one year experience in medical office or healthcare facility highly preferred.

**LICENSED VOCATIONAL NURSE –
CLINIC & HOME VISITS**

Full Time position, 8 or 10 hr. shifts, 4 or 5 days a week, Monday - Friday. Current California LVN license and BLS certification required. Work 8 or 10 -hour shifts in our outpatient Rural Health Clinic and at patient homes.

**LICENSED VOCATIONAL NURSE –
SKILLED NURSING FACILITY**

Full Time, Part Time or Per Diem, 12 hour shifts. Current LVN license and CPR certification required. Work 12-hour shifts in our 8-bed skilled nursing facility.

ER/ACUTE CARE REGISTERED NURSE

Full-Time, 12-hour shift, 3 days/week. Current California RN License, BLS, ACLS, & PALS certification required. Work 12-hour shifts in our critical access acute care & emergency room.

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\$45,000-\$70,000/year DOE

Full time, 12 months/year, exempt

Oversee client management databases, including developing policies & trainings.

Analyze & design reports. Strong communication and problem solving skills.

TO APPLY:

<https://hraps.humboldt.edu/other-employment>

**Clinical Laboratory Scientist**

Located in the heart of the magnificent coastal redwoods of Northern California, The Northern California Community Blood Bank is a nonprofit blood bank serving Humboldt and Del Norte Counties. The Northern California Community Blood Bank has an immediate opening for a Clinical Laboratory Scientist. Both part-time and full-time, fully benefitted positions are available.

The Northern California Community Blood Bank offers a low-stress environment, excellent work-life balance, and the opportunity to advance your professional development while working for an employer with a vibrant community relationship.

The Clinical Laboratory Scientist is responsible for activities related to processing, testing, storage, transportation, and other handling of blood and blood products. The Clinical Laboratory Scientist performs reference immunohematological testing and participates in training, validation, implementation of new procedures, and compliance with regulatory and standard-setting agencies.

Experience, Education and Licensure:

- Four-year degree from an accredited college or university in science, medical technology or a related field.
- Valid current CA license as a Clinical Laboratory Scientist.
- Experience preferred, but will train a motivated new CLS.

To apply, contact:

Kristina Kelone, Technical Director
Northern California Community Blood Bank
2524 Harrison Avenue, Eureka, CA 95501
707-443-8004

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Salary range-\$49,191-\$51,191 DOE.

Application requirements: Certificated application found at hcoe.org, cover letter, resume, and 3 letters of recommendation submitted by April 24.

Please return to

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822-4845, office.unionstreet@gmail.com EOE

Please visit our website unionstreetcharter.org

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FISCAL/ADMINISTRATIVE COORDINATOR Fiscal/Administrative Coordinator position opening at the North Coast Rape Crisis Team serving the counties of Humboldt since 1972 and Del Norte since 1988. The position is housed in the Eureka office. If interested and for more information, please send an email to: mgmt@ncrct.org with the subject line: 'Fiscal/Admin position'.

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“ At the end of hardships comes happiness.”
-Charlie Tripodi, THE LAND MAN

BIG LAGOON – LAND/PROPERTY - \$375,000

±55 Acres featuring great roads, Redwoods, and views of Stone & Big Lagoons. Permits in place for water/septic/solar awaiting your development!



FIELDBROOK – HOME ON ACREAGE - \$389,000

±10.5 Acres in beautiful Fieldbrook with a 4/3 manufactured home, wood stove, detached garage, pond, fruit trees, and deck.



GARBERVILLE – HOME ON ACREAGE - \$629,000

Gorgeous 3/2, 3000 sqft home on just over an acre in Garberville! This fully fenced property features garden area, swimming pool, large shop, and so much more!

RIO DELL – LAND/PROPERTY - \$399,000

±14 Acres in Rio Dell! Spring, flat tillable land, and subdivision potential. City lot across the street included in sale. Adjacent parcels also listed for sale.



MYERS FLAT – HOME ON ACREAGE - \$499,000

±27 Beautiful acres near Myers Flat! 3/2 home, insulated garage, shop, 30 gpm well, 3 decks, IB membrane roof, and built to maximize solar gain in the winter and coolness in the summer.



HAWKINS BAR – MULTI UNITS - \$989,000

±3.89 Acres in Hawkins Bar with 4 homes, 2 ADA bathrooms, RV hook-ups, Hwy 299 frontage, and so much more! Property is a must see!

KING SALMON – LAND/PROPERTY - \$94,900

Three parcels totaling ±.4 acres on the canal in King Salmon. Water and power on the property.



DINSMORE – HOME ON ACREAGE - \$599,000

±15 Acre riverfront w/ pond, 2 / 2 home, 2/1 guest cabin, patio, shop, gardens & greenhouse.

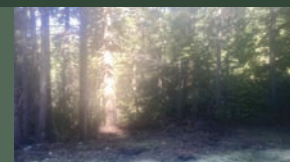
DOUGLAS CITY – HOME ON ACREAGE - \$385,000

±124 Acres overlooking Reading Creek! Easy access, year round creek (with fish), and an unfinished 3/2 house!



BERRY SUMMIT – LAND/PROPERTY - \$350,000

±160 Acres of secluded, heavily wooded property featuring multiple outbuildings, and Cedar Creek on site.



FORKS OF SALMON – LAND/PROPERTY - \$299,000

Versatile ±26.6 acre property featuring Salmon River frontage, offers meadows, well, flat topography, and power to the parcel.



SWAINS FLAT – HOME ON ACREAGE - \$139,000

River frontage property w/ a cozy 1/1 home complete dual pane windows, views, and a ¾ wrap around deck!

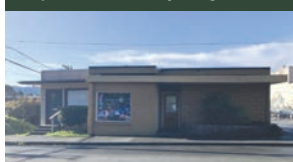
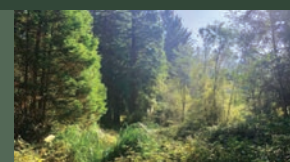
WILLOW CREEK – CULTIVATION - \$1,290,000

±140 Acre property w/ interim County permit for 28,900 sq. ft. of outdoor cultivation space! Features two wells, large year-round spring, & two developed agricultural flats.



WESTHAVEN – LAND/PROPERTY - \$235,000

±2.6 Acre parcel w/ useable flats ideal for building your dream home!



ARCATA – COMMERCIAL INVESTMENT - \$649,000

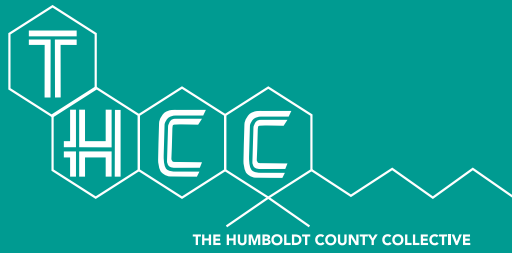
Commercial building on a high visibility corner just blocks from the Arcata Plaza! Two buildings, 10 dedicated parking spaces, and tenants are in place.



3213 CALIFORNIA STREET, EUREKA - \$212,000

Calling all contractors! Fixer-upper w/ 3/1 main house and 1/1 second unit. Large fenced yard, patio space and alley access. Cash only, as-is sale.

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THANK YOU HUMBOLDT COUNTY FOR ANOTHER AMAZING 4/20

Thank you for being patient and bearing with us during these difficult times and we appreciate everyone making it a successful and smooth day!



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